



Directions for completing the HumanaVitality Health Assessment

1. Visit LivingWell.ky.gov and click on the HumanaVitality login.

First time users

- a) Click on "Register Now"
- b) Click in the "Members" box ("Register here if you have a Humana health insurance plan, including Medicare")
- c) Click "all other members" and complete the required fields. You will need your Social Security number or 9-digit member ID found on your Humana health insurance card (for example - H12345678). Do not include the -00 and the 'H' is the only letter; all other characters are numbers.
- d) Enter your name exactly as it appears on your Humana health insurance card and click "Continue."
- e) Verify the member found is you.
- f) Create a username and password.
- g) After completing the registration process, return to HumanaVitality to sign in using the username and password you just created.

Returning users

Sign in using your username and password.

2. Once you're signed in, click on the alert to "Take the Health Assessment" or look for the "Health Assessment" link under the "Get Healthy" tab. If you know your medical history and key measurements, have them ready to help you complete your HA. If you don't have your key measurements, don't worry, you'll still be able to complete the HA. If you had a Vitality Check (biometric screening) within the last 18 months, you will see those results have pre-populated into your HA. These cannot be updated until a new Vitality Check is submitted. To find a Vitality Check location near you, visit Livingwell.ky.gov.
3. Receive your Vitality Age based on your HA responses. HumanaVitality will then recommend goals. Select the goals you want to work on and discover activities that will allow you to commit to a healthier lifestyle, improve your Vitality Age, and earn Vitality Points™ and rewards along the way.